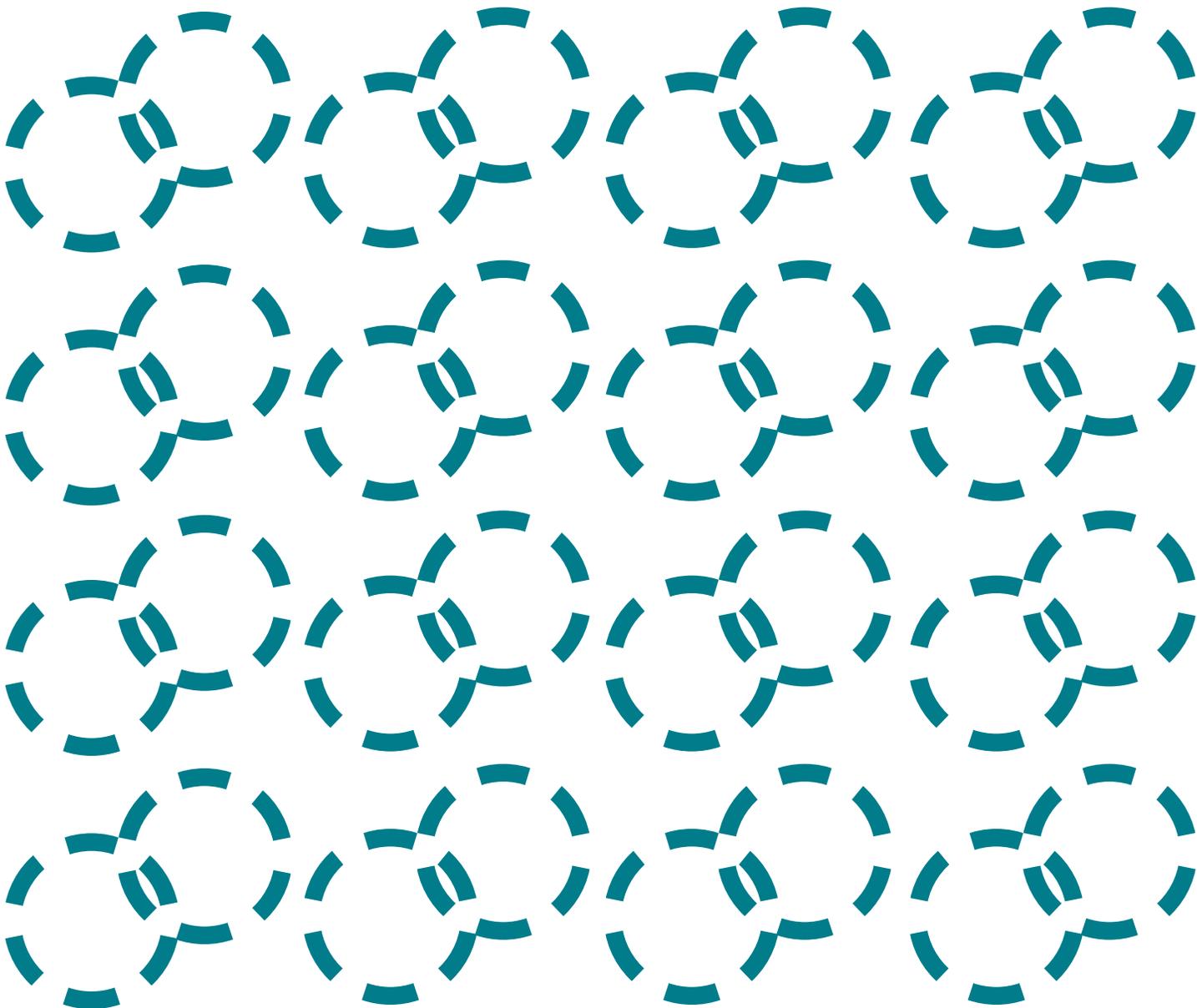


RECREATION resource manual

offered by the Human Development Institute at the University of Kentucky



Recreation is any voluntary activity that is enjoyable and fun. Recreation refreshes, revitalizes and improves a person's quality of life. It is also many different things to different people. Alice may enjoy knitting an afghan on her front porch while Josh would much rather be hiking with a group of his friends. While what you want to do for recreation may be very different than someone else's idea of fun, you can be creative when tapping into recreation resources in your community. Here's an example:

Consider some recreation activity you may have an interest in. Suppose you are interested in gardening - but have never tried it. Great! Let's take a look at how you can learn about it, do it, and in the process get connected to your community in ways you may have never imagined. We are using gardening here as an example, but remember it could have been anything from bike racing to computer programming. So you want to try gardening. Let's pretend you know very little about gardening. The first thing would be to ask your friends, family and staff for some suggestions. To get more information about gardening you begin to use your local library as a real resource - checking out books about gardening. While you are at the library, you notice the community events bulletin board and see that there are many events and organizations doing things in your community that you would like to know more about. For that matter, look at your newspaper's community events calendar.

If you live in a house, you might think about planting a small tomato patch in the front yard. Or, if you are in an apartment, you could get a container and grow some flowers in a window box. You could even plant some herbs in small pots in your bedroom. Your community might also have a community garden. What a great way to meet your neighbors! Another benefit of gardening has been that you are now very connected to locally grown food, and you are benefiting from a better diet and from the physical activity of gardening.

Do you see how your interest in gardening is naturally leading to more connections and community opportunities for you? Let's extend this a little further. Your interest in regionally grown/ healthful foods also takes you to your local Farmers Market, where not only can you access locally grown food, but now that you are also a gardener you can ask the farmers questions, learn about further community activities and your own sense of community continues to expand. Are you getting the idea of allowing one interest to lead you to another?

Recreation does not need to be complicated. Step out your own front door and be a part of and contribute to your own community! If you have questions about how to become more involved, call Kathy Sheppard-Jones at (859) 257-8104.

On the following pages, we have compiled a list of recreation resources. As these resources evolve and grow over time, we will routinely update this manual.

If you have any questions or suggestions about this information, please call HDI at (859) 257-2569 or (859) 257-1714.

Statewide

VSA Arts of Kentucky



VSA arts of Kentucky is a statewide, nonprofit organization dedicated to promoting arts, education and creative expression for all, especially those with disabilities. VSA arts offers a variety of educational, community, and professional development programs. For more information, visit <http://www.vsartsky.org>.

Miss Wheelchair Kentucky



The mission of the Ms. Wheelchair America Program Inc. is to provide an opportunity for women of achievement who utilize wheelchairs to successfully educate and advocate for individuals with disabilities. For more information or to apply to be Miss Kentucky Wheelchair of Kentucky, visit <http://www.mswheelchairkentucky.com>.

Wheelchair Athletics Association

The Kentucky Wheelchair Athletics Association (KWAA) is an independent, not-for-profit organization supporting sports and recreation opportunities for individuals with disabilities. The Kentucky Wheelchair Athletics Association offers an array of competitive and non-competitive athletic and recreational activities to meet the diverse interests and activities of its members. For more information, contact Jill Farmer at (502) 582-7618.

Boy Scouts



The Boy Scouts Association in Kentucky encourages boys of all ages and abilities to join their troops. Over 100,000 scouts all around the nation have disabilities. Inclusion of Scouts with disabilities and special needs takes place across all Scout activities, including Cub Scout packs, Boy Scout troops, Varsity Scout teams, Venturing crews, and Sea Scout ships. For more information, visit www.scouting.org



Girl Scouts

Girl Scouting is for every girl everywhere. Most girls join a local troop or group for fun and friendship, but they also find out about building character and self-esteem and serving their communities—the core qualities of Girl Scouting. In Girl Scouts, girls find a safe place to grow and share new experiences, learn to relate to others, develop values, and contribute to society. By working with experts, making adaptations, and most

importantly, keeping an open mind, you can encourage girls with disabilities to scale new heights. For more information or to contact a local chapter, visit www.girlscouts.org

Special Olympics

The Special Olympics provide an arena of exercise, entertainment and competition to adults and youth with intellectual disabilities. There are numerous teams, including swimming, basketball, softball, bowling, golf, cheerleading, equestrian and track and field for individuals to join. Before they are able to compete, however, members must first have a medical form on file. For more information, contact Special Olympics at (800) 633-7403 or (502) 695-8222 or visit <http://www.soky.org>.



The YMCAs of Kentucky offer accessible locations and memberships plans for all people. Depending on the location, numerous YMCAs have water aerobics course that are given within an indoor pool that is equipped with a lift for those who have physical disabilities. For more info on the YMCA nearest you, visit www.ymca.net.

Winners on Wheels

Winners on Wheels is a national organization that works to empower youth in wheelchairs to be all that they can be. WOW's educational curriculum provides more than 50 courses that include progressive challenges, activities, and awards. For more information, contact Michelle Beasley at (502) 291-7090 for Kentucky information, (800) 969-8255 for national information or visit www.wowusa.com.

Upward Ministry

Upward Ministry offers basketball, cheerleading, soccer, flag football and camping opportunities for all youth. Programs are offered to children in K-6th grade for a nominal fee. For more information, visit www.upward.org.

Kentucky Association of the Deaf-Blind (KADB) Annual Retreat



Initiated in 1996, KADB's Retreat is held in May each year. It is open to adults who are deaf-blind. If younger than 18, the consumer must be accompanied by a legal guardian. The Lexington Lion's Club pays for registration costs for deaf-blind consumers and a friend or family member. It's held at the Kentucky Leadership Center owned by the University of Kentucky in Faubush, two hours from Lexington. There is an educational component with a keynote presenter which varies from year to year as to the topic.

Social activities include dances, nature walks, crafts, group games and excellent food. For more information, contact Shannon Caldwell at (877) 266-2807, contact by email at info@independenceplaceky.org or visit <http://www.independenceplaceky.org> .

Central Kentucky

YMCA of North Lexington



The YMCA of North Lexington offers a 12 week Multiple Sclerosis program beginning the first week of June. For more information, visit <http://www.ymcaofcentralky.org/northlexington.asp> or contact Hope Proctor at (859) 258-9622 ext 33.

Latitude Artist Community



Latitude Artist Community serves all people, with an emphasis on those thought to have a disability by creating a framework which encourages us to recognize our own life's narrative, and to then choose ways in which we may contribute to the well-being of our community. Services of Latitude include individual art studio workshops and professional development, movement and yoga workshops, community participation/contribution, personal advocacy supports. For more information, contact Crystal Bader and Bruce Burris at (859) 806-0195 or visit <http://www.latitudearts.org>.

Challenger League Baseball



Challenger League offers baseball for all youth, ages 5-18. Signups are scheduled from January-March. For more information, please contact Sam Ranck at (570) 326-1921 or visit <http://littleleague.org/divisions/challenger.asp>.

Hill on Wheels Basketball Hillcats Basketball



Cardinal Hill Hospital supports two wheelchair sports teams for adults, including a championship men's basketball team. A Junior Wheelchair Basketball Team is offered for youth with mobility impairments. For more information, contact Julie Duncan at (859) 254-5701 ext. 5642 or visit <http://www.cardinalhill.org>.

Toyota Bluegrass Miracle League



Miracle League is a baseball program offered to youth 4-19 years of age and is open to all youth with disabilities. A new accessible field has been constructed at Shillito Park in Lexington. For more information, contact Executive Director Kevin Haury at (502) 863-4841.

Camp Calvary Adventure Camp



This summer retreat is for campers of any age with physical or mental disabilities. For more information, visit www.campcalvaryky.com or call 859-375-4376.

Lexington Parks and Recreation



Lexington Parks and Recreation offers wheelchair tennis, adult fitness programs, therapeutic day camps, cooking for the holidays programs, bowling, dances, adapted aquatics, and therapeutic horsemanship for youth and adults with disabilities. Visit http://www.lfucg.com/parks/special_rec.asp for more information, or contact Kristy Stambaugh at (859) 288-2928 or email at kstambau@lfucg.com.

US Driving for the Disabled



Located in Georgetown, the US Driving for the Disabled promotes the activity of driving horses for people with disabilities. Driving is one of the few sports in which drivers with and without disabilities can compete together on equal footing. A variety of horse carriages are available to enable people with all different kinds of abilities to learn the art of carriage driving. The USDFD sponsors Team USA to compete in the World Championships for Disabled Drivers. For more information, visit www.usdfd.org

Central Kentucky Riding for Hope



Central Kentucky Riding for Hope dedicates itself to enriching the community by improving the quality of life and the health of children and adults with special physical, cognitive, emotional and social needs through therapeutic activities using horses. For more information, please contact (859) 231-7066 or visit <http://www.ckrh.org>

Louisville

The Louisville Fencing Center



The Louisville Fencing Center (LFC) is a non-profit organization dedicated to developing and promoting the whole person through the sport of fencing. LFC offers summer fencing and fun camps for fencers of all ages and abilities. For more information, visit www.louisvillefencing.org.

Louisville Metro Parks and Recreation



Louisville's Metro Parks and Recreation offers adapted leisure for adults 18 and older. Leisure activities include aqua exercise, aqua chi, fitness for everyone, bowling, shopping, dances, and night games. For more information, send an email to parks@louisvilleky.gov or visit www.louisvilleky.gov/Metroparks.

Dreams with Wings Leisure Outreach Program

The Leisure Outreach Program arranges recreational activities in the community for adults with intellectual and developmental disabilities. The program has included numerous types of events including: visiting museums, dinner and a movie, picking strawberries and pumpkins in Shelbyville, attending various sporting events, printmaking classes, going to the theater, camping and picnicking at Waterfront Park. For more information, send an email to leisureoutreach@gmail.com, or call 502-459-4647, or visit www.dreamswithwings.org

Therapeutic Riding Association of Louisville



This program is offered year round. Lessons are scheduled individually. For more information or to schedule a tour of the stables, call Nathalie Green at 502-876-7844 or email natkyusa@yahoo.com or visit <http://www.councilonmr.org/recreat.htm>.

Louisville Rowing Club



The Louisville Rowing Club offers an adaptive rowing program for people interested in the water sport of rowing. To participate, individuals must be able to learn about safety on and around the water. For more information visit www.louisvillerowingclub.org.

Northern Kentucky

Cardinal Hill Camp



Cardinal Hill Healthcare System offers camp KYSOC for children and adults who have physical, developmental, developmental, and multiple disabilities, learning and behavioral disorders, eating disorders, spina bifida and autism. This unique camping experience offers a wide range of activities such as hiking, swimming, and crafts. Family camping is also available. For more information, visit <http://www.cardinalhill.org> or call (502) 732-5333.

Friends for Michael

This organization is a non-profit 501(c)(3), volunteer based, organization that raises funds primarily for spinal cord injury research, grants for victims and their families, spinal cord injury prevention/awareness education and scholarships for locally active high school graduates. They are also one of three founders of the NEW Spinal Cord Injury Association of Kentucky. This organization often offers events where volunteers and participants are needed. For more information, visit <http://www.friendsformichael.org>.

Western Kentucky

handiCAPABLE Guide Services, Inc.



handiCAPABLE Guide Services, Inc. is a nonprofit, public charity corporation that provides the experience of boating, fishing, and other outdoor recreation opportunities for developmentally delayed and physically challenged youth and adults in Kentucky and surrounding states. For more information, call (270) 362-0970 or visit <http://www.handicapable.net>.

Bowling Green Parks and Recreation



Bowling Green Parks and Recreation offers Area 5 Special Olympics, programs for Seniors, and the Bowling Green Adult Athletic Club for anyone with a mental disability. For more information, visit <http://www.bgky.org/bgpr/>.

Eastern Kentucky

Appalachian Foothills Therapeutic Equestrian Center



The Appalachian Foothills Therapeutic Equestrian Center is located in northern Jackson County. Their purpose is to improve the quality of life for individuals with physical, emotional, and developmental disabilities by facilitating the relationship between horse and human. Activities are individually designed to suit each participant's particular need, ability and stamina in accordance with the participant's goals. For more information, call 606-965-2158 or email AFTEC@prtcnet.org.

Equi-Visions Therapeutic Riding Program



Equi-Visions is located in Ashland. For more information, call 606-836-1955.

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Alternate formats of this document are available upon request.